



HIGH INFIDELITY

CAMERON DIAZ GETS 'PLAYED' IN THE OTHER WOMAN **PAGE 13**



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Third of adults abused as kids: Canadian survey

Study adds abuse linked with higher risk of mental health disorders **PAGE 8**

Man arrested after woman's throat slashed

Orleans. The 18-year-old suspect was arrested by officers on the front lawn of a house on Esprit Drive

Residents of a calm Orleans neighbourhood were shaken to see a dramatic police take-down of a suspect on Esprit Drive Tuesday, just around the corner from a home where a 49-year-old woman's body was found.

Paramedics and police responded to 634 St. Bruno St. just after 1 p.m. to investigate what they first called a "suspicious medical call."

Communications from first responders indicated the victim was found without vital signs and had her throat slashed.

At about 3:15 p.m., several Ottawa police cruisers with their lights flashing raced through adjacent streets before officers arrested an 18-year-old

suspect on the front lawn of a house on Esprit Drive. No charges have been laid and police have not released his identity or that of the victim until the next of kin have been notified.

He wore pyjama pants and a rain-soaked T-shirt and was crying as police pinned him down to the ground. Police then took him away in a police vehicle to be questioned.

The owner of the house on Esprit Drive, who did not give her name, said she knew about the police investigation when she saw the young man near her home.

"I saw him running on the side of my house," she said. "Yes, I was scared."

Jay Sanko, another neighbour, saw the arrest unfold from his second storey window. He said it's a "disturbing" incident in what he describes as a good community.

"It's not something that normally happens in this neighbourhood," he said.

The case is Ottawa's second homicide of 2014.

JOE LOFARO/METRO



Ottawa police arrest an 18-year-old suspect Tuesday on Esprit Drive in Orleans in connection with the homicide of a 49-year-old woman whose body was found in a nearby home on St. Bruno Street. JOE LOFARO/METRO



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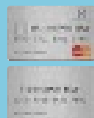
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Domtar lands slated for billion-dollar development

Green community.

Windmill hopes to have shovels on the ground by next spring



LUCY SCHOLEY
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There's little that's green about the run-down, vacant industrial buildings on both ends of the Chaudière Crossing.

But an Ottawa development company has its sights set on turning the cross-river Domtar lands into a billion-dollar "highly sustainable mixed-use community."

"We're intending this to be one of the most — if not the most — sustainable communities in the world," said Rodney Wilts, a partner with Windmill, which announced the development plan on Tuesday.

What's unique about this project is that its combined 35 acres span Ottawa, Gati-

'Highly sustainable'

Windmill plans a mixed-use community.

- 60 per cent of a range of residential units.
- 40 per cent to be evenly split between retail, such as restaurants and boutiques, and office space.

neau and the National Capital Commission (NCC). In order for the project to go ahead, it will need approval from all three government bodies. Wilts said it will be the first private company to have a development that spills over both sides of the river.

It will be sustainable in that it will have "very energy-efficient and water-efficient buildings," parks and be walk- and bike-friendly.

Windmill is still working out the finer details of the plan, including architecture and costs of the riverside homes.



Developer executives promise billion-dollar "green community" makeover of former Domtar lands. LUCY SCHOLEY/METRO

Police comb Hog's Back for missing man



Police search Hog's Back Park on Tuesday. TREVOR GREENWAY/METRO

Ottawa police search crews were deployed to Hog's Back Park Tuesday for an emergency search as they continue to look for clues as to the whereabouts of a missing Ottawa photographer.

Police found 66-year-old John Davies's car Saturday in the parking lot of Hog's Back Park, but the Ottawa

man hasn't been seen since April 3, according to a police news release.

Dozen of searchers were seen combing the park Tuesday, walking along the embankment, searching through bushes and along trails for any sign of the avid photographer.

Search teams came across

an abandoned canoe on the banks of the falls, but it turned out to be unrelated. Officers rappelled down steep embankments and were readying the police patrol boat to search the waters of Hog's Back Falls, near Carleton University.

Davies has been described as white with short

blond and grey hair, about 5 feet 9 inches tall, with a medium build and a reddish grey beard.

Anyone with information as to his whereabouts is asked to contact the Ottawa Police Service's Missing Persons Unit at 613-236-1222 ext. 2355.

TREVOR GREENWAY/METRO

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Police charge Quyon man with murder of estranged wife



Defence lawyer Mendo Marino tells reporters his client, Alain Gascon, is "overwhelmed by events." Gascon was charged with first-degree murder Tuesday in the death of Angela Distasio. LUCY SCHOLEY/METRO

Separated few weeks ago. Couple had five children together

A Quyon man is facing a first-degree murder charge in the death of his wife, Angela Distasio, from whom he recently separated.

Alain Gascon, 49, briefly appeared in court on Tuesday. He is still in custody and is prohibited from contacting several people, including his five children. He has yet to enter a plea.

Wearing a T-shirt and black pants, he surveyed the courtroom and laid eyes on Distasio's family members. He is short, portly and has a moustache.

Distasio, 42, was found badly injured at 45 rue Symmes on Sunday and Gascon was taken into custody that night. Distasio later died in hospital.

Defence lawyer Mendo Marino said he spoke with a crying Gascon Tuesday morning.

"He was overwhelmed by the events," said Marino, adding that he's hoping to contact

family members himself for more details of the case and to collect Gascon's clothing and medication.

Crown lawyer Sylvain Petitclerc said Gascon and Distasio had been married and had five children, but separated "a couple of weeks ago." She was living in the Aylmer apartment where she was found.

Police are investigating two addresses and Petitclerc said there could be additional locations.

Janick Fontaine, spokesperson for the sept maisons d'aide et d'hébergement en Outaouais (a women's shelter), said this was "another sad case" of domestic violence, which she described as a "societal problem." She said the Gatineau region has the third-highest incidents of domestic violence in Quebec.

Gatineau police say this is the third homicide in the city this year.

Gascon has a lengthy criminal record that dates back to 1986. He's due to appear in court May 1.

LUCY SCHOLEY/METRO

'Stop the crap' going into Ottawa River: MP

Ottawa MP Paul Dewar spent Earth Day down at the beach.

He didn't have board shorts and sandals on, but the NDP MP was shielded by an umbrella as he called on the federal and provincial governments "to stop the crap" from flowing into the Ottawa River.

"It's important for recreation, but it's also the source of drinking water for a million

people," said Dewar during a press conference at Westboro Beach Tuesday morning.

"When people realize that there is raw sewage going into the river that we also use for our drinking water, it rightly causes concern and alarm."

Specifically, Dewar is asking the feds and the province to chip in \$65 million each to

finish the reservoir project that would hold back any overflow from entering the river. Dewar said the project is about 65 per cent finished, but added that it needs federal and provincial help to get it done.

Dewar is also pressuring the Conservatives to designate the Ottawa River as a heritage river to protect it

from development and to promote the city and region as a place with a historic waterway. He said the designation is just a stamp away.

"It's sitting on the desk of the Conservatives," Dewar told Metro. "Everything has been done, all the work has been done, all they have to do is proclaim it."

TREVOR GREENWAY/METRO



Ottawa MP Paul Dewar and Ontario NDP candidate for Ottawa Centre Jennifer McKenzie peer across the Ottawa River Tuesday. TREVOR GREENWAY/METRO

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Don Grant, Ottawa Centre EcoDistrict executive director, says the downtown core needs to move past the idea of green buildings and towards creating green neighbourhoods. JOE LOFARO/METRO

Province set to launch Canada's first eco district

Downtown Ottawa.
New initiative modelled after existing neighbourhoods in U.S. cities like Portland



JOE LOFARO
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A new, not-for-profit organization is launching in Ottawa's downtown core what is being dubbed Canada's first eco district — a project the group hopes will make Ottawa's core more attractive, walkable and sustainable.

The Ontario Trillium Foundation announced Tuesday it will provide the Ottawa Centre EcoDistrict with a \$199,600 grant to be spread out over three years to help get the project started.

Don Grant, executive director, said he already has some plans in mind to revital-

ize the downtown area, such as hooking up non-government buildings to the federal government's district energy system to save on energy costs and making the district a more electric-car friendly space.

"If we focus on the green, we're not going to be successful," said Grant at the launch at Hub Ottawa headquarters on Bank Street. "We've done the green thing really well. We need to do the green neighbourhood thing."

The new initiative is mod-

elled after existing eco districts in other U.S. cities like Portland, Washington and Boston.

For Ottawa, Grant wants business owners to think about what makes people want to come downtown and make it more lively. The vacancy rate has jumped to 15 per cent in the downtown core in recent years, Grant said, so the goal is to give businesses and residents a good reason to come back.

"This is going to make our downtown one of the most attractive places to do business in all of Canada, but also for people to live," said Ottawa Centre MPP Yasir Naqvi of the project.

Ontario Energy Minister Bob Chiarelli applauded Grant's vision for Ottawa's downtown core, saying, "Conservation is the cleanest and cheapest energy resource that offers consumers a way to reduce their electricity bills."

Quoted

"This is going to make our downtown one of the most attractive places to do business in all of Canada, but also for people to live."

Ottawa Centre MPP Yasir Naqvi

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Gerald Trottier's Pilgrimage I is part of the latest collection at the Ottawa Art Gallery. CONTRIBUTED / DAVID BARBOUR

Worth a pilgrimage to see Trottier

Become a believer. Worship at the altar of Gerald Trottier's life's work at the OAG



LUCY SCHOLEY
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The late Gerald Trottier sometimes used a brush, a pencil, an inked thumb or even a coffee stain to paint a picture of religion.

The Ottawa artist's eclectic collection had been sitting in storage since he died 10 years ago. But now, a large portion of his work will be revived on the walls of the Ottawa Art Gallery (OAG). It's the gallery's largest single-artist donation to date, with 102 newly acquired pieces over Trottier's lifetime.

"Often when we see an artist, we see a painting here, a painting there," said daughter Denise Trottier. "But this gallery will have work from all of the different eras of all of the different styles of his work. People will then get to see the full breadth of my father's art, which is very extensive and very diverse."

Inspired by a pilgrimage in Europe in 1953, the late Trottier turned to religion in his art. Throughout the 1950s — his self-proclaimed "medieval years" — he dabbled in stained glass, created murals and designed architecture for churches in Ottawa. He sent expressionist-style paintings to the Sao Paulo Biennale in Brazil in 1965.

Also included in the OAG collection are Trottier's well-known Easter Paintings from the 1980s — a series repre-

sented a more dramatic, dark perspective on religion.

Trottier suffered from Alzheimer's in his latter art years of the 1990s. In painting self-portraits — some as big as six-feet-tall — his work came "full-circle," said OAG curator Catherine Sinclair.

"We're adding a huge missing part to the story of Ottawa visual arts," she said. "Trottier was such a central part to the growth of the visual arts scene in Ottawa. It's imperative that he would be represented in our collection in this way."

Currently overflowing with art in the tiny space, the OAG will be able to accept more donations when it opens doors in its new, expanded space in 2017.

The launch of Trottier's exhibit will be April 24 at 5:30 p.m. at the Ottawa Art Gallery, at 2 Daly Ave.

Awe-inspiring

"(Gerald) Trottier was such a central part to the growth of the visual arts scene in Ottawa. It's imperative that he would be represented in our collection in this way."

Ottawa Art Gallery curator Catherine Sinclair

Study shows women best off in Quebec

For the most equal wages and more female politicians, a new analysis suggests it's better to be a woman in Quebec City — not Edmonton.

But no matter where you live, the report by the Canadian Centre for Policy Alternatives shows when it comes to violence against women and female leadership opportunities Canada still has a long way to go.

"It's not enough to just work in one area," said the report's author, senior CCPA researcher Kate McInturff. "For women to be successful professionally, for them to be leaders ... they also need to have personal security, eco-

Time to lean in

78 cents

Women in Quebec City earn an average of 78 per cent of what their male counterparts make, well above the national average, said the report's author.

nomic security."

The report ranks the largest 20 cities based on economic security, leadership, health, personal security, and education.

Quebec comes out ahead with Quebec City, Montreal and Sherbrooke in the top 10; a fact McInturff attributes to

family-friendly policies like cheaper daycare.

"It allows women and men to have equal levels of flexibility at work," she said.

The big three — Montreal, Toronto and Vancouver — are all middle of the pack, while women in Alberta fare the worst; Calgary and Edmonton are ranked 17th and 20th respectively.

But McInturff says the positives — for example, women in Quebec City earn an average of 78 per cent of what their male counterparts make, well above the national average — are accompanied by less heartening statistics.

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Designer Laura Siegel arranges scarves made from recycled saris for her Project Eleven27 at the Toronto Fashion Incubator in Toronto on Monday. Project Eleven27 was created to honour the lives lost in the Bangladesh garment factory collapse by partnering with artisans in India to hand-weave 1,127 limited-edition scarves. DARREN CALABRESE/THE CANADIAN PRESS

Weaving change for workers, one scarf at a time

One-year anniversary of tragedy. Canadian designer's Project Eleven27 honours victims of Bangladesh factory collapse

Seeing images emerge from the world's worst garment industry accident hit Laura Siegel hard — then led her to take action.

The award-winning Canadian designer has partnered with artisans in India on Project Eleven27, creating a collection of 1,127 scarves — one for each victim of the fatal building collapse in Bangladesh.

The April 24, 2013, tragedy at the illegally constructed Rana Plaza brought worldwide attention to the poor conditions endured by workers and renewed focus on the production practices used to create affordable goods.

"Being overseas and having visited a ton of factories at all different levels, I understand how that happened. And it was just sad because I felt that like it's something that almost could have been prevented if something was just done about it," said Siegel in an interview at the Toronto Fashion Incubator, a non-profit, small business

centre that offers support and mentorship to budding home-grown designers and entrepreneurs.

Siegel, 26, spent a lot of time when she was younger traveling to developing countries, and has had the opportunity to do knitwear while in Peru and Bolivia where she learned of the passion for craft among the artisans.

"When I met individuals that were sustaining their culture that probably existed exactly the same way 1,000 years ago, (it) is just such a rare special moment," she said. "So I wanted to figure out a way for them to be able to continue to sustain what they're doing, but also to be able to continue relationships and connections with these people while designing — doing what I love — and sup-

porting what they do."

To that end, Siegel's ready-to-wear womenswear label collaborates with artisans in rural villages around the world to help sustain craft — also a primary focus of Project Eleven27.

For the initiative, recycled saris sourced in Kutch, India, are laser-cut in Delhi and made into a yarn that's brought back to Kutch. Namori Vankar and his family then weave the brightly coloured saris into the scarves, which are a 50 per cent cotton, 50 per cent silk blend.

"Being able to sustain their craft, being able to continue their work is very special, especially in that region where a lot of people are forced to leave something that they've been practising in their families for so many centuries," said Siegel.

THE CANADIAN PRESS

How you can help

The 22-inch scarf retails for \$135, while the 38-inch scarf — which can double as a sarong or wrap — sells for \$195. The scarves will be available through Siegel's online boutique, luxury retailer Holt Renfrew and online retailers Shop Latitude and Shop Ethica.

- Project Eleven27 will be

donating 25 per cent of proceeds to Sreepur Village, an organization in Bangladesh helping the families affected by the tragedy. To commemorate the one-year anniversary of the Rana Plaza disaster this Thursday, 40 per cent of sales of the scarves sold on that day will benefit the charity.

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A third of adults suffered child abuse: Survey

The data. It cannot prove cause and effect; it can only point to possible links

A new study says one in three adult Canadians suffered some form of child abuse in their past, adding this abuse is associated with a higher risk of mental health disorders later in life.

The lead author of the study says it provides the first national look at the prevalence of child abuse experienced by Canadian adults.

Tracie Afifi of the University of Manitoba says previous estimates were based on a nearly 25-year-old study from Ontario and more recent data from Quebec.

The study is published today in the Canadian Medical

Association Journal.

The authors studied data collected from more than 23,000 adults 18 and older who took part in Statistic Canada's 2012 Canadian Community Health Survey.

Respondents were asked questions about whether they were hit or subjected to other forms of physical or sexual abuse in childhood, or whether they were exposed to violence between the adults in their homes.

One in three adults reported experiences that met the criteria for at least one of the types of abuse, with physical abuse the most common of the three; 26 per cent of respondents said they had experienced physical abuse.

Ten per cent of respondents said they had experienced sexual abuse and nearly eight per cent witnessed intimate partner violence.

THE CANADIAN PRESS



Record breaker swims for Earth awareness

World-record breaking swimmer Ben Lecomte swims in the Strait of Georgia display at the Vancouver Aquarium on Tuesday. Lecomte visited the aquarium to raise awareness for Earth Day and the importance of protecting our waterways. JONATHAN HAYWARD/THE CANADIAN PRESS

Heartbleed hacker. He was tempted by curiosity: Calce

A 19-year-old man accused of siphoning some 900 social insurance numbers from the Canada Revenue Agency was likely motivated by curiosity, not malice, says one of the country's most notorious hackers.

"I think he's a computer science geek who heard about a critical bug and wanted to poke around. His curiosity got the better of him," said Michael Calce.

Last week, the RCMP charged Stephen Arthuro Solis-Reyes of London, Ont., with one count of unauthorized use of a computer and one count of mischief. The Western University student is believed to have used the Heartbleed bug — a vulnerability in the OpenSSL software used to secure countless websites — to extract personal information from CRA servers. The media has already dubbed Solis-Reyes "the Heartbleed hacker."

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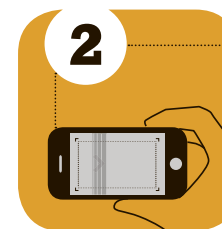
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De Grood set to undergo psychiatric evaluation



A courtroom sketch of Matthew de Grood, the accused in the recent Calgary stabbing. JANICE FLETCHER/THE CANADIAN PRESS

'Bizarre' case. Calgary man accused of stabbing five victims at a party faces charges of first-degree murder

The father of a young man stabbed to death at a house party says his boy was the poster child for the kind of son every parent wants.

Bruce Rathwell told mourners at his son Zackariah's funeral Tuesday that the young man was athletic, artistic, loved music and spent years as a Boy Scout.

A display at the front of the Calgary chapel was a testament to the 21-year-old's interests and accomplishments. It included three guitars, a Boy Scouts uniform, rugby jersey, hockey equipment and skates.

Rathwell, a promising musician with the band Zackariah and the Prophets, was stabbed to death along with four others last week at a get-together to celebrate the end of classes.

Another party-goer, 22-year-old Matthew de Grood, is charged with five counts of first-degree murder. He appeared in court Tuesday and was ordered to undergo a 30-day assessment to determine whether he is mentally fit to

stand trial.

De Grood, the son of a senior Calgary police officer, was wearing blue coveralls when he appeared in court earlier in the day via closed-circuit television.

He could be seen leaning against a wall and touching his face, with cuts and scrapes from when the canine unit took him down during his arrest.

The accused will return to court May 22. He will continue to be held at the Southern Alberta Forensic Psychiatry Centre, where he's been since his arrest. The Crown requested the assessment on the recommendation of a doctor who has been dealing with de Grood.

"The case has been adjourned for a period of 30 days to allow a psychiatrist to assess whether or not the accused is fit to stand trial," Crown prosecutor Stephanie Brown told reporters.

De Grood's lawyer, Allan Fay, said he's not ruling out a defence of not criminally responsible. "I'd be foolish to overlook any possibility, especially in a case that on its face is as bizarre as this," Fay said.

"We've never seen anything like it in Calgary, and one can't help but look at the case and consider what we know so far and how strange this whole thing is." **THE CANADIAN PRESS**

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Feds propose downgrading humpbacks' at-risk status

Species At Risk Act. Reclassification would remove Ottawa's legal obligation to protect the animal's habitat

In the midst of the heated debate over oil tankers off the coast of British Columbia, the federal environment minister has proposed improving the status of North Pacific humpback whales from threatened to "special concern."

The whales have played a starring role in the campaign against oil pipelines and opponents accused the federal government Tuesday of removing a hurdle to the proposed multibillion-dollar Northern Gateway pipeline.

"What we're seeing is that the government is stripping the humpbacks of legal protection at the very time that the Enbridge pipeline and tankers project is posing a



A humpback whale outside of Hartley Bay along the Great Bear Rainforest, B.C. JONATHAN HAYWARD/THE CANADIAN PRESS

serious threat to their recovery and survival," said Caitlyn Vernon, of Sierra Club BC.

But the Committee on the Status of Endangered Wildlife in Canada, or COSEWIC, an independent group of scientists responsible for assessments, first recommended

the improvement in status three years ago.

A federal official said the group was even asked to reconsider, to ensure the science was sound. Last fall, the recommendation again was to make the change.

THE CANADIAN PRESS

Numbers up

18,000

After being hunted to near extinction in the early 20th century, biologists estimate the North Pacific population now consists of more than 18,000 humpback whales.

Spain. Village with 'Kill Jews' as part of its name to vote on change

The tiny Spanish village of Castrillo Matajudios, whose second name means "Kill Jews," will hold a referendum next month to decide if it should change the name that offends outsiders and embarrasses some residents, its mayor said Tuesday.

The village's 56 registered voters will be asked on May 25 whether they want to keep the name or change it to the similar, but non-offensive name the town once had, Mayor Lorenzo Rodriguez Perez said.

Historical studies show the

town's original name was Castrillo Motajudios. The second name of that translates to "Jews Hill" and dates back to 1035 when 66 Jews were killed in a nearby town and those expelled settled on the hill.

Although Jews were killed in the area, researchers believe the town got its current name from Jewish residents who converted to Catholicism and wanted to convince Spaniards they opposed Jews, Rodriguez said. Others think it might have simply come from a slip of the pen.

THE ASSOCIATED PRESS

Miami

Prof beaten up over bad grade?

Police are investigating the beating of a Miami Dade College music professor to see whether it was ordered by a student angry over a bad grade. Marc Magellan,

31, was attacked last week inside a parking garage, leaving him with a broken nose and hand. The assailant called out "Professor Marc" and when he turned around, the assailant began punching him and smashing his head on the concrete floor. THE ASSOCIATED PRESS

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Mickey D's is feeling the squeeze

Unhappy meal. Iconic burger chain shows a decline in sales after a decade of growth

McDonald's is fighting to hold on to customers in the U.S.

The world's biggest hamburger chain said sales at established U.S. locations fell 1.7 per cent in the first three months of the year as guest counts declined. After a decade of consistent growth, sales also declined last year as McDonald's struggled to roll out an array of new menu items and fend off competitors.

CEO Don Thompson said in a call with analysts and investors Tuesday that the company is working to improve its operations and marketing in key regions, including the U.S.

"It's important to underscore it will take time for consumers to notice the changes



McDonald's said sales at established U.S. locations fell 1.7 per cent in the first three months of 2014. GETTY IMAGES

and reward us with increased visits," he said.

The disappointing performance in the U.S. reflects the struggles McDonald's is facing as people flock to chains that position themselves as higher-quality alternatives. Thompson has noted that people with more spending money increasingly seem to be heading to such chains and that McDonald's needs to focus on underscoring value for its more cash-strapped customers. **THE ASSOCIATED PRESS**

CEO talk

Waffle tacos no match for McMuffins?

Without specifying names, McDonald's CEO Don Thompson said during a conference call Tuesday that the company hasn't seen any impact from the "most recent competitor" in the breakfast space. In apparent references to Subway and Taco Bell, he

also noted that McDonald's seems to face new rivals every year, whether they're "sandwich shops or taco shops."

The comments come after Taco Bell's launch of its national breakfast menu late last month, which generated great fanfare because of the chain's TV ads featuring real-life Ronald McDonalds. But Taco Bell's lineup is still fairly limited compared with McDonald's. **THE ASSOCIATED PRESS**

Streaming contest

AT&T eyeing YouTube, Netflix, Hulu's eyes

AT&T and an investment firm run by former News Corp. executive Peter Chernin have formed an online video venture that could rival Netflix and Hulu.

AT&T Inc. and Chernin Group said Tuesday that they have committed more than \$500 million in funding toward the venture. They are not saying how much each company is investing. **THE ASSOCIATED PRESS**

New technique

Unilever taking plastic measures

Unilever PLC, producer of disposable containers that clutter the landfills of the world, says it is adopting technology that will cut the amount of plastic it needs to use in each bottle by 15 per cent.

The technology, developed with Zotefoams PLC of Britain, injects tiny gas pockets into bottle walls, reducing the weight and amount of plastic used, without sacrificing robustness. **THE ASSOCIATED PRESS**

Market Minute

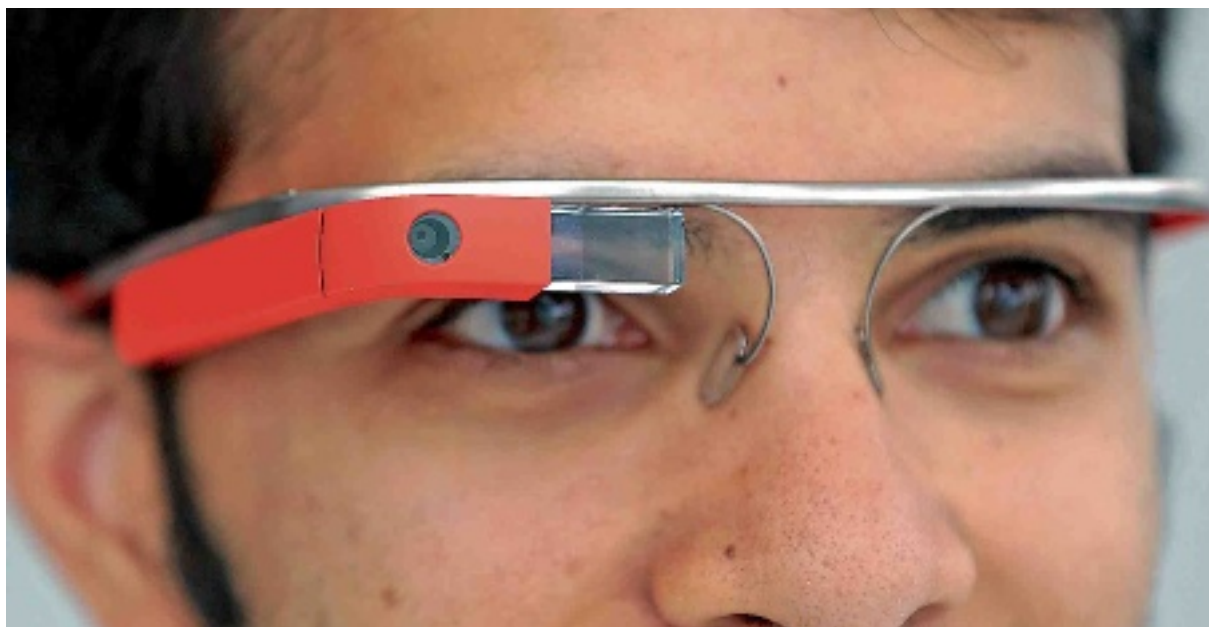
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GOLD
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Natural gas: \$4.75 US (+\$0.05)
Dow Jones: 16,514.37 (+65.12)



Google challenging non-profits for ideas that kick some Glass

Google has issued a challenge: On Tuesday, the tech giant asked U.S. non-profit groups to propose ideas for how to use the web-connected eyewear Google Glass in their work. Five charities that propose the best ideas by May 20 will get a free pair of the glasses, a trip to Google for training and a \$25,000 grant to help make their project a reality. **JEFF CHIU/THE ASSOCIATED PRESS FILE**

NADbank. Metro Ottawa continues to grow: Study

More Ottawans than ever are reading Metro each week, according to the latest newspaper readership study.

Metro is now the second most read newspaper in the city each week, ahead of the Ottawa Sun by 20,000 readers, according to the 2013 NAD-bank readership study.

Daily, 83,000 people read Metro Ottawa as a way to stay connected and informed about their city and the world.

"While the daily readership numbers were down for all newspapers in the Ottawa market, I am pleased to see Metro has closed the gap with the declining Ottawa Sun," said Greg Lutes, Vice President and Group Publisher, Metro

Eastern Canada. "Metro Ottawa now reaches more adults 18 to 49 than any other newspaper in the market."

Nationally, the research found that Metro continues to be popular with readers in Canada's largest cities and across various platforms, including print, digital paper, website and news app.

"Metro Canada increased readership on a weekly basis by three per cent to more than 4 million readers — a first for us — which demonstrates how our unique content packages resonate against Metro-politans, our target market," said Bill McDonald, President of Metro English Canada.

METRO

Cybersecurity. Most data crimes small-time: Report

While Target's massive data breach last year caused consumers to panic and drew attention to Internet crime, a new study finds that breaches on retailer payment systems are less common than other kinds of attacks.

More than twice as many of last year's Internet data breaches resulted from various small online acts, such as people clicking on malicious web links and choosing easy-to-guess passwords, according to a worldwide report from Verizon.

The report, considered to be one of the top annual looks at Internet-related crime, includes information from 50 organizations ran-

Other findings

- Web application attacks are still popular. These attacks generally stem from the theft of an authorized person's credentials.
- Of last year's cyber espionage attacks, 54 per cent were targeted at U.S. victims. In 49 per cent of the cases, those behind the attacks were located in Eastern Asia, with 21 per cent from Eastern Europe.

ging from law enforcement to security companies.

THE ASSOCIATED PRESS

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ANOTHER TYPE OF FOODIE WEIGHS IN

There are foodies, those uncompromising gourmets who have “an ardent or refined interest in food and alcoholic beverages,” according to the dictionary.

Then there are the rest of us, who also have an ardent interest in food and alcoholic beverages, but there’s nothing refined about it.

This column is for you. Business Insider has done one of those unscientific readers’ choice surveys and on the strength of 2,200 responses, has determined the Best Fast Food in America. We can take that to include the rest of North America, because most of these epicurean delights do not require a run to the border.

They may require a run to the bathroom, if you insist on testing the winners, but that’s another story.

So, apart from the fact that Tim Hortons barely makes the list, the rest of it is as commonplace in Canada as potholes in



JUST SAYIN'
Paul Sullivan
metronews.ca

springtime.

What’s really great about this is that everyone can play. In fact, participating is probably as impossible to resist as McDonald’s fries.

The No. 1 burger is Wendy’s with its characteristic square, never-frozen patty. I don’t know about you, but to me a square patty ain’t natural. Nonetheless, Dave’s Hot ‘N Juicy outdistanced the Burger King Whopper and McDonald’s Big Mac by a healthy margin (34 per cent to 26 per cent and 24 per cent, respectively). Or should I say unhealthy?

Best pizza honours go to Papa John’s, who squeaked by Pizza Hut and Domino’s (34 per cent to 31 per cent and 29 per cent). Little Caesars was a distant fourth. Whatever. Does it get there in under half an hour?

No surprise here: McDonald’s had the best fries by a wide margin (57 per cent), which roughly equals the percentage of

North Americans raised on them from infancy.

Best fried chicken is KFC at 36 per cent. I haven’t ordered a bucket for 20 years, but that doesn’t stop me from going, “Maybe I should just stop and get a bucket” every time I go past the local Colonel’s dispensary, which is just about every day. This stuff gets into your blood ... in more ways than one.

Subway is a double winner, with best sub (37 per cent) and healthiest choice (also 37 per cent), which is hardly a distinction considering the competition. About the only thing you can order at a fast food joint that’s actually good for you is a glass of water.

Finally, there’s coffee, the universal solvent. At 49 per cent, Starbucks wins hands down. The next closest was Dunkin’ Donuts at 27 per cent. This is the only place on the poll where Tim Hortons appeared, with eight per cent, just behind McDonald’s. Coffee seems like the last thing you’d order at McDonald’s, but despite (or perhaps because of) those expectations, it’s never as bad as you think.

And that’s pretty much the last word. Or maybe five little last words: “You want fries with that?”

ZOOM

Bee my pollinator



Bamboo bundles are used here to create bee tunnels for nesting that hang in a magnolia tree near Langley, Wash. DEAN FOSDICK/THE ASSOCIATED PRESS

Depleting numbers threaten food supply

Bees are pulling a disappearing act. Honeybees are vanishing from their hives. Bumblebee numbers have crashed so radically that some species are believed extinct. Even native solitary bees are in decline. Food supplies dependent upon pollinators are threatened.

There is no single explanation for what is causing the pollinator losses, said Matt O’Neal, an associate professor of entomology at Iowa State University. **THE ASSOCIATED PRESS**

Quoted

“Common species are disappearing at a dramatic rate ... I worry in particular about pollinator species with limited ranges and that have unique habitat requirements that are being threatened. A lot of species are dropping out of the landscape.”

Mace Vaughan, pollinator program director with The Xerces Society for Invertebrate Conservation in Portland, Ore.

How gardeners can help

- Plant flowers and create green spaces, especially in urban areas. Leave patches of bare soil, rocks and brush piles for use by ground-dwelling native bees.
- Install bee hotels around the yard by drilling holes in wood blocks and creating bamboo bundles.
- Eliminate or change pesticide usage.

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 13 in Scene, page 16 in Life, page 23 in Sports, and page 25 in Drive.

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MetroTube

When parachuting on skis gets tiring



ANDREW FIFIELD
metronews.ca

On the same day I learned about the existence of an adrenaline-junkie hobby called speed riding — which is pretty much hurtling through the air while attached to a small parachute and a pair of skis — I also learned that it’s not nearly adrenalized enough for one rider.

So what does your average daredevil do when the passion for boring, bland and familiar speed riding is extinguished. Why, you speed ride/grind your way down a chairlift cable. Naturally.
(Via Valentin Delluc on Vimeo)



VIMEOSCREENGRAB

Turning up the cheat on trysts

Cautionary tales.

From 1960's 'dirty' rendezvous at The Apartment to a Fatal Attraction cooking your rabbit, infidelity boils over on film



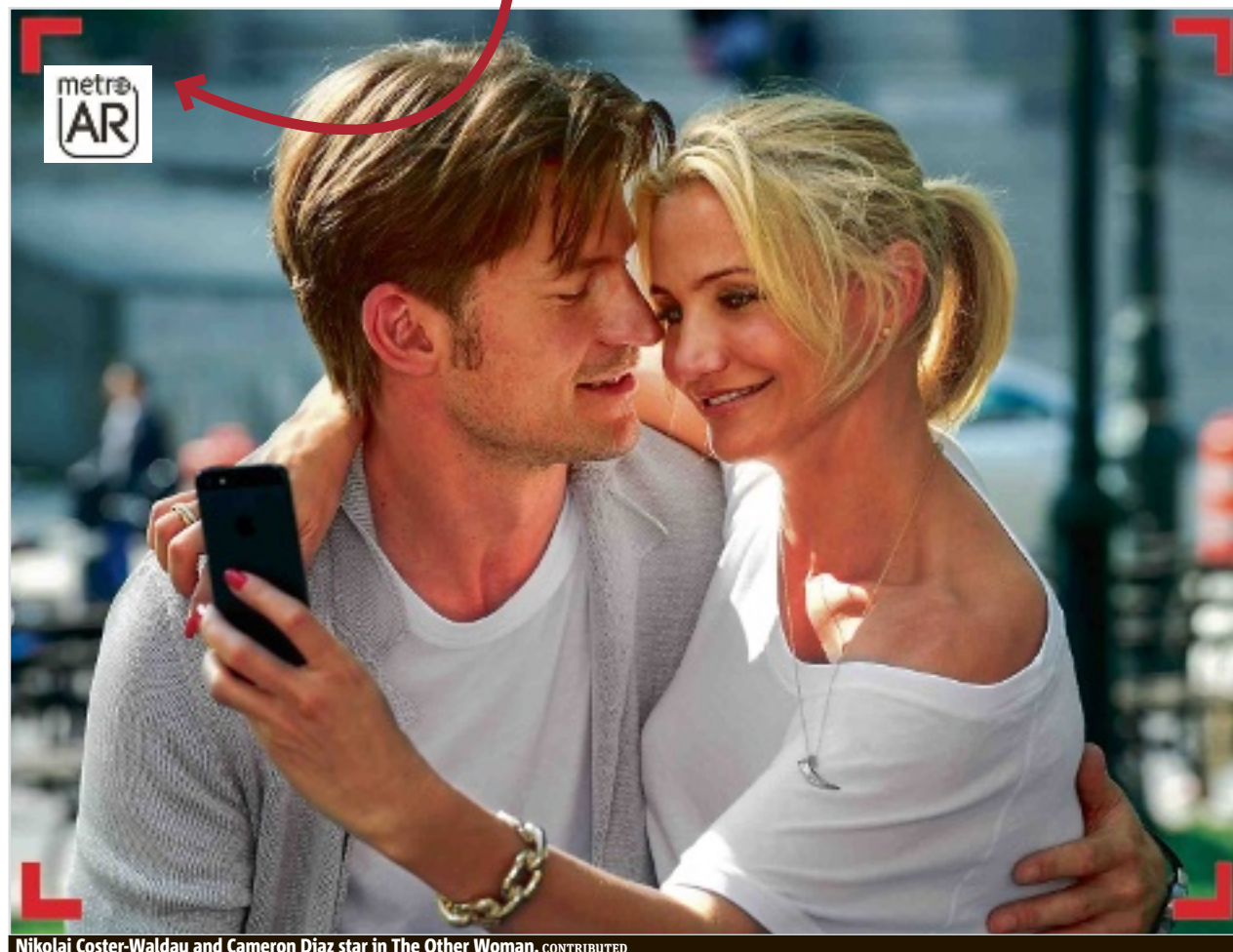
IN
FOCUS
Richard Crouse
scene@metronews.ca

In the new movie *The Other Woman*, Mark King (*Game of Thrones*'s Nikolaj Coster-Waldau) tries to push infidelity to Tiger Woodsian heights by cheating on his wife (Leslie Mann) with multiple mistresses, including Carly and Amber (Cameron Diaz and Kate Upton). "We got played by the same guy," says Carly.

"Getting played" in Hollywood movies dates back further than the invention of the Ashley Madison website.

In 1960, the Jack Lemmon movie *The Apartment* tackled the subject of adultery. The film, about a lonely insurance company lackey who allows his bosses to use his apartment as a trysting spot in hopes that they will promote him, was a big hit, but also a controversial one. The *Saturday Review* called it "a dirty fairy tale" and co-star Fred McMurray says a woman on the street hit him with her purse, taking him to task for making "a dirty, filthy movie."

In 2005's *Derailed*, Clive Owen stars as a married man who hooks up with Lucinda (Jennifer Aniston) after meeting her on a commuter train. In a hormone-induced rush, they decide to consummate their illicit affair at a seedy



Nikolaj Coster-Waldau and Cameron Diaz star in *The Other Woman*. CONTRIBUTED

Film's most famed femme fatale

"Men still come up to me and say, 'You scared the [crap] out of me.' Sometimes they say, 'You saved my marriage.'"

Glenn Close in an interview 20 years after *Fatal Attraction*'s release.

hotel, only to be interrupted by a burglar who robs them and sexually assaults Lucinda. Things spiral out of control as the robber blackmails the couple and seems to have

an unquenchable thirst for Owen's money.

Derailed is a cautionary tale about staying faithful to your spouse and never, ever renting rooms in sleazy ho-

tels. Part *Fatal Attraction*, part Hitchcock thriller, the movie stays on track through the setup of the story, but as soon as the going gets rough the story, well ... derails.

The most famous infidelity movie has to be 1987's *Fatal Attraction*. It begins with Michael "I'm a married man!" Douglas having a fling with Glenn "I'm not gonna be ignored!" Close. When he tries to break off their affair, she becomes a lesson in why not

to cheat on your wife.

The film was a sensation on release, inspiring a number of imitators including *The Crush*, *Single White Female* and a spoof called *Fatal Instinct*, and its most famous clip, the rabbit boiling on the stove, even inspired a phrase in the *Urban Dictionary*. According to the website, cook your rabbit "refers to the moment when someone goes over the edge in their obsession with another person."

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2 SCENE

New show's doc has her own medical drama

Physician heal thyself.

Brilliant bipolar brain doctor battles effects of skipping her meds in new Black Box series

ABC's brainy new medical drama Black Box does a neat trick: It dares viewers to imagine for themselves the cost-benefit ratio of addiction, and does it without taking a firm stand.

It does it in the person of lovely, top-of-her-field Dr. Catherine Black, known as "the Marco Polo of the brain," who helps patients navigate a range of neurological disorders.

She also secretly wrestles with one of her own: She's bipolar.

Meanwhile, she's addicted to the mind-expanding, sometimes rapturous, but ultimately dangerous effects of skipping the meds that keep her "normalized," and letting her condition run full tilt.

"This show is not a generic examination of bipolarity — not at all," says series



Kelly Reilly in a scene from the medical drama Black Box, premiering Thursday at 10 p.m. EDT on ABC. PATRICK HARBON/ABC

star Kelly Reilly. "This is about one woman who is an addict to her disease. The disease is treatable. But it calls for a lifetime of commitment and re-arranging medications to see what works and what doesn't work, and fighting the battle

of deciding whether or not you want to take them."

Premiering Thursday at 10 p.m. EDT on ABC, Black Box pulls a 180 on the plague of addiction: Catherine Black must Just Say Yes to the drugs that will keep this wild child

tamed. Yet sometimes she just can't. Or won't.

She is played by the English-born Reilly, who co-starred with Denzel Washington in the film Flight, appeared in the two Sherlock Holmes films headlined by

Not just a show about illness

"The series has an addiction metaphor and the high does provide a gift."

Amy Holden Jones, creator of the new series, Black Box, whose lead character is a bipolar doctor struggling with managing her illness.

Robert Downey Jr., and starred in Above Suspicion, a British TV crime drama.

One recent day on Stage B at New York's Silvercup Studios, Reilly met with a reporter in her character's office in the tony Neuroscience Research and Treatment Center, a.k.a. The Cube, where Black and her colleagues probe the brain's mysteries.

The show also stars Terry Kinney as the NRTC chief of staff, Ditch Davey as a womanizing neurosurgeon on the team, David Ajala as Catherine's restaurateur boyfriend and Vanessa Redgrave as Catherine's shrink.

"This is not a life that's ever going to be straight and narrow for Catherine," says Reilly. "It's always going to be

a bit wobbly: Is she gonna go off crazy again, or is she going to try to toe the line? She's a rule-breaker by nature who takes risks. But I think she longs for what normal might feel like."

The series was created by Amy Holden Jones, whose credits include the films Mystic Pizza and Indecent Proposal.

And she comes to Black Box well prepared, having as a girl been "home-schooled in bipolar," as she puts it: Her father was a practising physician until he was 70 despite being manic-depressive and suffering periodic breakdowns.

"There are highly functional bipolar people," Jones says, and the condition is more common than is generally suspected.

"You may think your only experience of it is on Homeland," she says, referring to the Showtime thriller whose CIA heroine suffers notably from bipolar disorder. "But that's probably not the case." You may know someone who's bipolar and keeping it private, she says. **THE ASSOCIATED PRESS**

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Tim Zickuhr FACEBOOK

Who's the unfairer of them all? Ice road trucker plunders Snow White

As reality star misbehaviour goes, the Duck Dynasty crew are starting to look pretty good about now. At least they leave prostitutes where they found them.

Ice Road Truckers star Tim Zickuhr has no such social graces. According to TMZ, Zickuhr has been charged with an array of crimes after allegedly kidnapping and imprisoning a Las Vegas prostitute named Snow White. Snow White told police that Zickuhr gave her his debit card and told her to withdraw her fee. He then claimed she'd taken out more than agreed. When they met to work out

their financial dispute, Snow White says Zickuhr tied her up with backpack straps, locked her in a closet, and punched her and poured cold water on her. Zickuhr then told her to call someone who could bring him the money, but she instead called a police officer.

When the police officer arrived, Zickuhr apparently confessed the whole thing. As a final stroke of elegance, he forced Snow White to exit his apartment through a second story window. Zickuhr was arrested and charged with first-degree kidnapping, extortion, and coercion.

Friends no more... Cox can't even get cast together for dinner

Every time a member of the Friends cast steps out to promote a project, the question comes up: What about a reunion for the famous sitcom? Well, Courteney Cox wants to finally put all that to rest. "It's not going to happen," she tells David Letterman during an interview. "There's six Friends, and I've been trying to put a cast dinner together for 10 years. It doesn't happen."

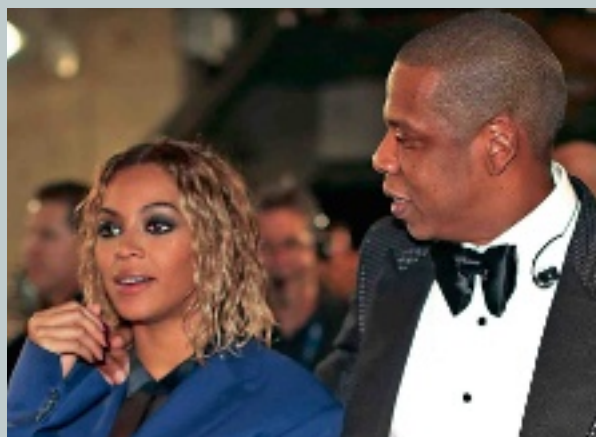


Courteney Cox GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Jay-Z holds Kim and Kanye's wedding at Bey

MELINDA TAUB

Metro World News

What could go wrong with Kim and Kanye's wedding? They both adore big splashy events, they seem really in love, and they have enough money that no one ever needs to end up sobbing in a strip mall parking lot because they can only afford pink hydrangeas, not fuchsia ones. (I was a bridesmaid a bunch of times.) However, there are some headaches of wedding planning that no amount of money can eliminate, such as guest list drama. Case in point: Will Beyoncé and Jay-Z show up for the ceremony?

Rumour has it that Jay and Bey are planning to skip the nuptials, which will take place in France. According to the Daily Mail, they don't intend it as a snub — they just have no interest in appearing on Keeping Up With the Kardashians, and cameras will be unavoidable (which, given that the show is Kim's whole raison d'être, does sound a little like a snub).

Jay-Z reportedly plans to make it up to his old pal Kanye in a big way: Since he won't be at the ceremony, not only is he planning a bachelor party for the ages, but he also plans to spend more than \$100,000 to rent a yacht for the couple's honeymoon.

Good plan, guys. I have experience with this sort of thing. When my great-aunt couldn't make it to my bat mitzvah she sent me a \$20 savings bond, which is sort of the same.



Uma Thurman GETTY IMAGES

Uma ... Arki. Arki ... Uma. Have you kids met each other?

Uma Thurman has reportedly called off her engagement to multimillionaire hedge fund boss Arki Busson, the second time she has done so since the couple began dating in 2007, according to the Daily Mail. "Uma and Arki were due to attend a gala together on April 8, but Uma showed up without her engagement ring or her fiancé. Arki was scheduled to attend, and it seemed clear there was only one reason why he

didn't show — because he and Uma are no longer an item," a source says, while another adds, "Uma lives in New York while Arki lives in London. He has been out and about without Uma since October when he went to a Halloween party alone. They have been at one or two events together, like Harvey Weinstein's pre-BAFTA party in February, but on that occasion they looked miserable."

Twitter



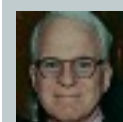
@Sethrogen

really only wanna sit around and hang out with my wife.



@pattonoswalt

"A shark can't sink a brick submarine." -- Things my daughter says that would make excellent post-punk lyrics



@SteveMartinToGo

I've had the same haircut (with the exception of 1968-69) for 52 years.



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While standing on your balcony at the San Juan Marriott Resort staring out at the vast Atlantic, you'll find it hard not to be enchanted, romanced and lulled by the ocean's heartbeat.

The crash of surf on sand is hypnotizing.

The Marriott in San Juan offers guests a prestigious beachfront address in the bustling Condado neighbourhood where bronzed bombshells can be found sprawled across golden sand or lazing on lounge chairs by one of the hotel's two turquoise pools.

And while year-round sun and sandy beaches are understandably the biggest draw, you'll find plenty of opportunity for an authentic Puerto Rican adventure via a long list of excursions available at the hotel's always-bustling concierge desk.

In 2013, the hotel up-



Guests to the Casa Bacardi are whisked around on limo golf carts. PHOTOS: ANDREW DOBSON

dated its 511 rooms and 14 suites, which now offer guests a refreshed Caribbean elegance that caters to the city's cosmopolitan dynamic.

Looking to treat yourself? Shopaholics are spoiled for choice as the hotel is located on tree-lined Avenida Ashford, a hip strip that Gucci, Louis Vuitton and Cartier all like to call home.

After pounding the pavement, relax at Ocean Club Spa where a selection of



The hotel's two pools are the perfect spot to spend a lazy afternoon.

scrubs, wraps, facials and

Feeling peckish in the afternoon but don't want to

leave the pool?

Your best bet is a pina-colada-sloshed lunch at La Isla Beach Bar where crispy coconut shrimp and smoky chicken wings offer serious satiation.

If you're in town on the weekend, be sure to stop by the Red Coral Lounge at night for "Salsa and Sushi," where each evening the kitchen serves up fusion sushi offerings (traditional churrasco, creamy avocado, sweet plantain) while a live band adds a festive energy to the dance floor.

Salsa yourself silly, then quench your thirst while celebrating local flavours with an ice cold bottle of Medalla Light or a classic mojito spiked with Bacardi Oakheart.

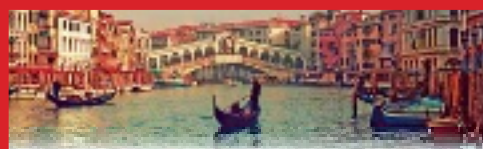
Looking to explore Puerto Rico's top attractions?

Start your adventure with a rum-filled afternoon at Casa Bacardi, aptly titled The Cathedral of Rum.

It feels a bit like 'Disney Does a Distillery,' as guests are whisked around the property on Bacardi-bat-embossed limo golf carts.

Discover the beauty of ancient architecture and vibrant natural wonders while first strolling back in time through Spanish colonial Old San Juan.

Then, finish off your trip with a jungle mountain hike of El Yunque Rainforest where there are plenty of tranquil waterfalls and panoramic coastal views that offer perfect photo ops.



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Bucket List



Space: The final frontier

Even at \$250,000 US a pop, seats are selling for the soon-to-liftoff Virgin Galactic trips to space. Approximately 530 people have already signed up, now that space travel has been made so affordable! Travellers get three days of training in New Mexico at Spaceport America before heading 50,000 feet into sub orbit at almost 4,800 km/h. Not only do you experience zero gravity and have a chance to look down on all the rest of us, you also get to rub elbows with airline co-owner Richard Branson. Virgin has already enlisted the help of more than 100 space agents, but you can simply visit virgingalactic.com. **DOUG WALLACE/METRO**

Summer trip. Just a little south and east of Calgary, try your hand at being a dinosaur bone hunter



ON THE MOVE
Loren Christie
lifem@metronews.ca

Heading to Alberta this summer?

The Rockies are amazing, but don't skip the Canadian Badlands. This large area east and southeast of Calgary offers a variety of sites and activities that are too good to be missed.

Dinosaur Provincial Park is a UNESCO world heritage site that is home to 40 species of dinosaurs.

Surrounded by hoodoos and unearthly scenery, go on a guided tour or be part of a dig. Would-be paleontologists are given a toolkit that includes an awl, a paintbrush, a hammer, and a dental pick



What Rockies? With the stunning views in Alberta's badlands, you might not make it to the mountains. **ISTOCK**

for the more delicate work.

I barely had my hands dirty last summer at Bone Bed 30 before I realized I was staring at actual fossilized dinosaur bones.

It is impossible not to find a fossil, whether it's a small piece of tendon or the edge of giant femur; the natural history is everywhere.

Remember as part of your planning that Dinosaur Provincial Park and the better-known Royal Tyrrell Museum are not the same place and are actually two hours' drive apart. Pre-book your tour or dig in advance.

If arts and crafts are more your speed, head to Medicine Hat and check out the former

Medalta clay factory, now a national historic district.

The iconic beehive kilns of the former factory can still be toured. A highlight is the surprisingly cool museum, which chronicles the history of the factory.

My favourite displays are the china collection used by Canadian Pacific hotels dur-

ing the golden age of travel and the line of dinnerware created for Ethiopian Emperor Haile Selassie. The Yuill Family Gallery showcases rotating exhibits, including creations from Medalta's artist in residence program.

The town of Elkwater is the entry point into Cypress Hills Interprovincial Park. Straddling the border of Alberta and Saskatchewan, it is the only interprovincial park in Canada.

In addition to the expected variety of hiking trails, the park includes Elkwater Lake, which provides a perfect spot for all varieties of water sports.

I got a lesson on canoeing while I was there from the park staff. Camp or spend the night at a lodge in Elkwater if sleeping on the ground is not your thing. The park is also one of a growing number of places across the country that has a Dark Sky Preserve.

For stargazers out there, the lack of light pollution makes for some amazing night sky viewing.

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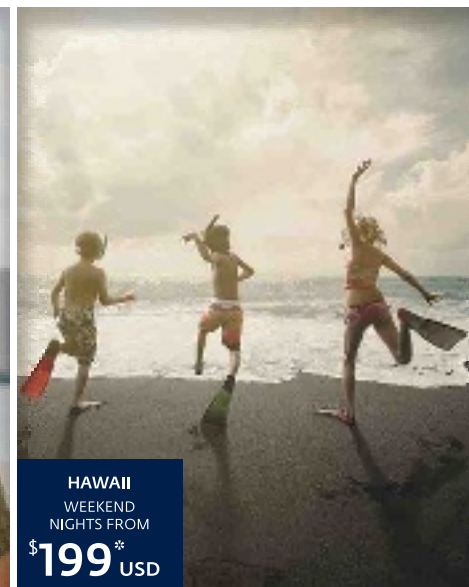
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Be assured that this industry offers the same security you'll be selling

Safe in your success.

Five things to know about pursuing work in the insurance industry

MEGHAN GREAVES
TalentEgg.ca

Before you start a career, it's important to find out all the key details you can about the field you're interested in.

While you'll learn a lot hands-on, a little bit of research can go a long way in preparing you for the perks and challenges of a particular career. The following five attributes of the insurance industry can help you get started.

It's inclusive

One of the great things about pursuing a career in the insurance industry is that you don't have to have a specific educational background or set of work experiences.

While there are many insurance diploma programs, certifications and specializations that can offer you a distinct advantage, you can hatch a great career in insurance without necessarily having a background in it.

Many top insurance companies assess potential hires based on their knowledge, skills and previous work experience as they relate to current needs. Since insurance is involved in so many different aspects of our lives, that previous knowledge and experience can come from many different areas: cars,



The insurance industry may conjure up images of being confined to a cubicle, but many positions in the field will see you actively engaged in your tasks. iSTOCK

business, medicine, the law and infrastructure are all excellent examples.

Employers in insurance recognize that some additional training and education is required to ensure you can excel in your insurance career and to round out your knowledge. Often, the cost for this training will be picked up by your employer.

Insurance is also inclusive from a demographic perspective, with 63 per cent of industry professionals being women, and 14 per cent identifying as a visible minority compared with 17 per cent in the general Canadian labour

market.

It's exciting

Many people see working in insurance as a nine-to-five desk job that involves working in isolation.

Nothing could be further from the truth. While many roles do have an element of independence, an insurance career often calls for frequent client interaction, teamwork, networking and professional stewardship.

These activities not only provide variety, they also provide a well-rounded set of experiences that can help you find a role or set of respon-

sibilities that match how you like to work.

The roles are highly varied

Besides a range of different responsibilities, opportunities for career specialization abound in insurance.

Whether you are a number cruncher, like working with people, can spot trouble before it happens, or enjoy research and analysis, there is likely a role for you.

Job opportunities include: claims representative, underwriter, insurance adviser and more. These positions include tasks such as developing strategies and putting poli-

cies into place for your clients, understanding the goals and risk tolerance of your clients and being an independent and collaborative worker to meet personal and team goals.

You can specialize in insurance

There are lots of college and university programs, specializations, designations, and certifications out there to give your education an edge in the insurance field, or specialize your skills to a particular insurance career path.

The same goes for specializing within the industry; as

Learn and grow

Since the insurance industry welcomes candidates from a diverse range of backgrounds, there's a heavy emphasis on training and development, both in terms of onboarding and continual learning.

- Career development programs and trainee programs are popular training formats for insurance companies to offer new hires. These training programs are designed to get you up to speed, whether you're taking your first step in the industry or moving into a more senior role.

your career evolves, you may have the opportunity to develop niche expertise focusing on one area of the sector.

These areas can be as specific as fine wine collections, cyber liability, directors and officers insurance (for corporations, not-for-profits and other groups), or even sports and entertainment insurance.

Essentially, you can build on your education and experience to take you exactly where you want to go.

Even if you aren't sure where your interests lie just yet, it's great to know that you can specialize in your chosen field if you want to.

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MEGHAN GREAVES

TalentEgg.ca

If you're thinking of hatching a career in insurance, you probably already know why the industry is such an extraordinary place: huge career potential, variety, stability, reward, and the opportunity to work for some of the top businesses around the world.

If you're in the midst of applying to insurance jobs or are looking into roles for down the road, it's important to know which skills your potential employers are seeking during the application process.

Here are some of the most sought-after skills you'll need for success in your insurance career.



Though there may be times when you are working independently in your insurance position, you will ultimately be working as part of a team to achieve organization-wide objectives. Social skills are key. ISTOCK

Communication

In an insurance role, you'll be required to communicate with internal and external stakeholders. This is why employers seek candidates who stand out when it comes to their communication skills.

When applying for an insurance role, be sure to showcase any experiences, courses, or volunteer work

that have developed your communication skills and be sure to highlight them in your application.

Customer service

As an insurance professional, you will be managing multiple relationships and priorities. Ensuring that you are understanding your customers' needs, professionalism,

Show that you're sharp

It's important to employers that you're eager to stay on top of industry developments, news, trends and information.

- Since insurance affects virtually everything we do in life and in business, there is a lot of information to keep on top of in an insurance role and it's crucial that you be in the know.
- Be ready to commit some time to continuous learning in different forums, including networking, research and professional development.

managing your time and their expectations effectively and delivering what you promise can play a key role in a successful insurance career.

Any experience that helps

you demonstrate your ability to respond to inquiries, manage a high volume of traffic, deliver some tough messages or your commitment to go above and beyond are great selling points for your application and interview.

Teamwork

Working collaboratively to identify new business opportunities, generate a solution to a problem or emerging issue, or develop a strategy to manage a potential risk effectively are just a few examples of ways you may find yourself working with your colleagues in the insurance industry.

Think about school projects, jobs you have had, committees you were a part of or extracurricular activities that had you as a part of a team (for example: band, sports teams, debate clubs, etc.).

How did you go about achieving success? What role did you play? How did you capitalize on each other's strengths? Overcome challenges?

Professionalism

Insurance is all about peace of mind.

It is important that those working in the sector are seen as the professionals they are.

Demonstrating due diligence, paying attention to detail, wearing appropriate business attire, maintaining ethical standards and confidentiality, staying up-to-date on current trends and products and exercising sound judgment are all qualities that make up the package of the professional people are entrusting to help them to protect the things they hold most dear.

If you have the opportunity to engage an employer in-person or are brought in for an interview, be sure to take steps to put your best foot forward and convey that you are the professional the employer is looking for to join their team.

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SHOP FOR THE BEST PERKS

The good news for consumers is that the travel rewards industry is very competitive today and, as a result, banks and credit card companies have upped their travel programs and offerings to try to attract more cardholders, says Patrick Sojka, founder of Rewards Canada, an organization that tracks the various cards.

“The biggest trend on the credit card side is the waiving of the first year’s annual fee,” Sojka says. “So, basically, it’s a free trial.



SHUTTERSTOCK

“If you keep the card after one year you will likely be charged the annual fee. However, with the way things are, you may be able to negotiate for a longer free period.”

On the credit card side, the big trend is the addition of more benefits.

“Most cards are maxed out on what they can offer in terms of rewards and earning points for air miles,” Sojka says. “But look for fabulous travel benefits.”

Here is a quick list of what to look for:

- Travel perks such as airport lounge access and concierge services.
- A wide range of insurance benefits including travel emergency medical, trip interruption and cancellation, lost luggage, rental car collision/loss damage and hotel burglary insurance.
- Less blackout periods when you book travel on points. “We know that Canadians want to earn points faster and redeem them often without the aggravation of blackout periods and high fees,” says Jennifer Douglas, Scotiabank vice-president of credit cards.
- Different ways to redeem points. Scotiabank experts also point to additional benefits such as gift cards, merchandise charities and investment and credits to redeem from.
- Exclusive hotel programs. Some cards partner with hotels to offer room upgrades and dining and beverage credits. But the more benefits like this, the higher the annual fee in general.
- No redemption deadlines.



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FINDING THE BEST VALUE

If you are like most Canadians, you carry a stack of loyalty cards in your wallet. You might have an Air Miles, a Shoppers Optimum, and maybe a Cineplex Scene card. Perhaps a wad of that funny Canadian Tire money is stuffed in there, too.

Loyalty programs have edged into almost every industry, from banking and travel, to entertainment and retail. Repeat card users earn points, discounts and other perks

The Shoppers Drug Mart Optimum card is among the most popular. Some 10 million Canadians carry this card, says Tammy Smitham, vice-president, communications.

Another card — Scene — is quickly gaining attention, too. Now with 5.6 million cardholders, the program is growing “beyond the expectations” of its co-part-

ners, Cineplex and Scotiabank, says Shawn Bloom, Scene general manager.

The idea is to use financial incentives to get customers to build a shopping history with the same store. For example, with an Optimum card, you get 10 points for every dollar spent and can redeem these points on most of the 25,000 in-store products, Smitham says.

With a Scene card, you get 10 per cent off concession purchases and off admission on Tuesdays, and collect 100 points for admission to every adult movie.

“So every 10th movie will be free; it’s very good value,” Bloom says.

At Canadian Tire, the country’s oldest loyalty plan, you get 40 cents in “money” for every \$100 spent. Now customers can get their “money” electronically as well

as in paper form, giving them “the best of both worlds,” says Shawn Stewart, associate vice-president, loyalty.

Increasingly, businesses are teaming up to extend card savings. You can now use Optimum points on fashion and decor items at the Beyond The Rack online store, Smitham says. Scene members can redeem points at Swiss Chalet, Harvey’s and other restaurants, and, through the current promotional program with Indigo, earn points by buying certain books that have been or will be made into a movie, Bloom says.

Banks are also getting into the loyalty action. The Royal Bank, for example, has partnered with Shoppers to offer an RBC Optimum MasterCard or debit card that can be used to collect points at retail outlets other than Shoppers across the country.



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UNDERSTAND YOUR POINTS PROGRAM

When it comes to belonging to a loyalty program, knowing what you want to do with the points is one way to narrow down what’s appropriate for you, says Patrick Sojka, founder of Rewards Canada.

Here are other considerations:

- Be clear about what you want to be rewarded with — air miles, cash back, or merchandise.
- Keep your shopping habits in mind and be strategic. What’s most important is that you are loyal to programs so you accumulate points. Plus, “splitting points

amongst several cards will delay the time it takes to redemption,” Sojka says.

- Be sure you understand exactly how you earn and redeem points on cards including expiring policies for programs that issue miles or points.
- Keep in mind that the more flexible in terms of what the reward is, the lower the rewards rate will be in general.
- Get an Aeroplan or Air Miles card regardless, Sojka says. There are so many places where you can earn these points and so many options for redeeming them (travel, merchandise, gift cards).

FASTER REWARDS

SPRING CLEAN YOUR WALLET AND FIND THE PROGRAM THAT WORKS FOR YOU

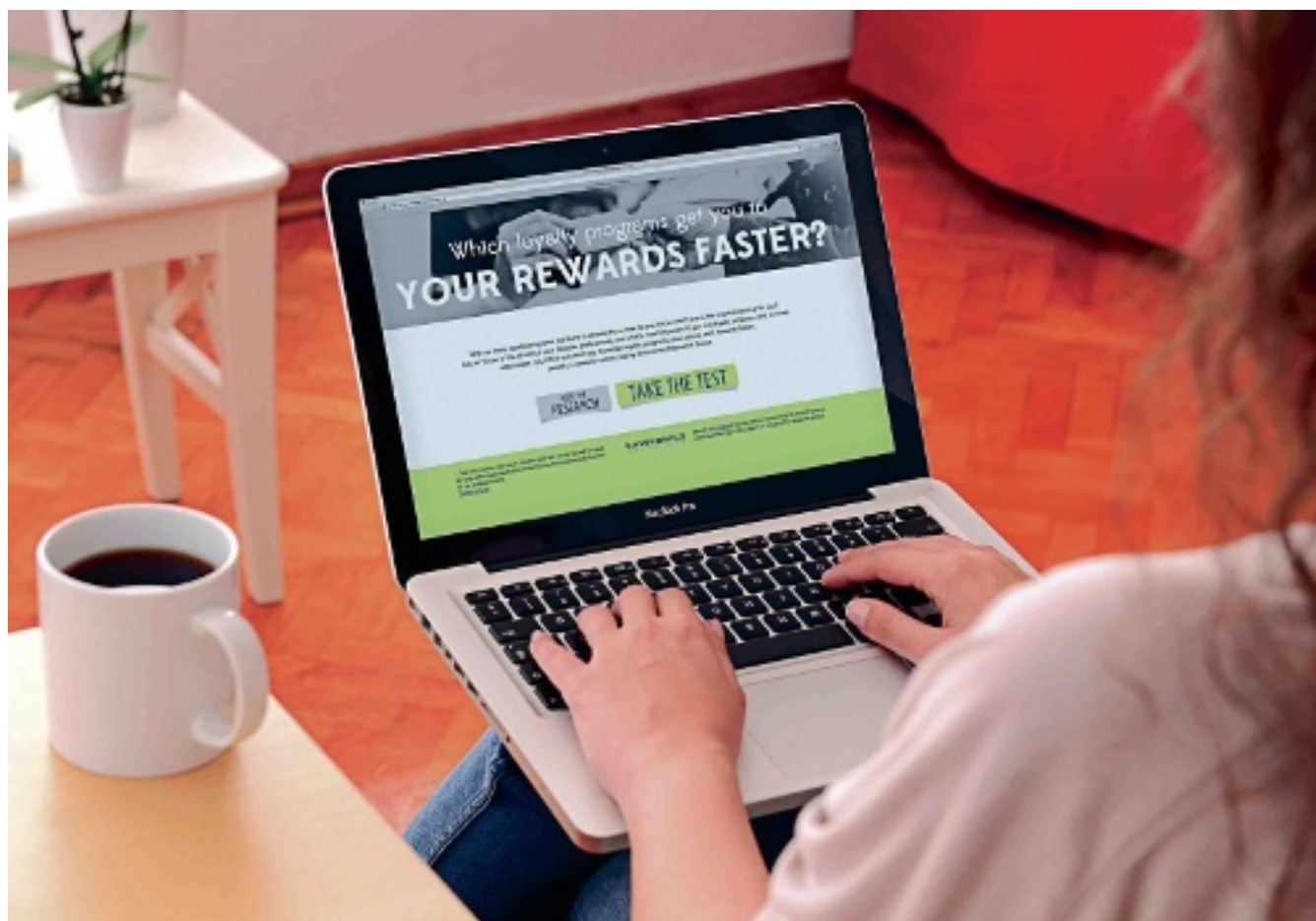
Regularly reassessing loyalty program membership makes sense beyond just reducing the plastic you carry. That's because choosing the right loyalty program for you could get you to the reward you want faster.

Selecting a program from the many options on the market has traditionally been the challenging part.

Luckily, there is a free online tool to help you assess available programs in a way that levels the playing field so you can research and more easily find the program that might have the shortest "time to reward" — compareloyaltyprograms.ca.

Starting with your end goal in mind, decide what reward for which you are looking. Whether you want to earn points or miles for flights, merchandise or cash back, each program offers its own set of advantages.

"Know yourself — and your goals," say Susan Misner and Laura McDonald, founders of Golden Girl Finance, a site offering financial education in a modern, engaging way to encourage everyone to play a more



CONTRIBUTED

active role in their finances. "Loyalty programs can make up an important part of your overall finances so you'll be rewarded for all of the research you do looking into the right program. Just be smart about where you get your information from — using a tool, such as compareloyaltyprograms.ca, gives you an apples-to-apples look at the most popular programs."

With all of the information out there, it can still be hard to narrow down which programs may be right for you. Focusing on dividend (i.e., how much a point or mile is worth) may not be the best way to

decide which loyalty program can help you get to your rewards sooner. Compareloyaltyprograms.ca is powered by research from Environics Research Group and features the top 23 loyalty programs and affiliated credit cards in Canada, including many offerings new to the market this year. By answering a few simple questions on desired rewards (flight, merchandise or cash back) and spending habits (such as the types of stores where you spend the most), the tool suggests programs that may get you to your chosen reward faster.

Once you know what reward you

want, it is important to assess how, where and how much you spend each month to understand which programs might benefit you most.

"Spending habits and reward preferences are unique to each household, but comparative tools and resources may not be clear about how they compare different programs," say Misner and McDonald. "With compareloyaltyprograms.ca, consumers can enter their own monthly spending figures to get an accurate assessment of programs based on their own individual personal spending patterns."



SHUTTERSTOCK

LOYALTY PROGRAMS SHOULD SUIT YOUR STYLE

Golden Girl Finance offer tips to help consumers discover their best loyalty program matches:

KNOW WHAT YOU WANT

The best place to start when it comes to assessing whether your current loyalty program is working for you — or deciding which one to sign up for — is what reward for which you are ultimately saving to redeem. Check out compareloyaltyprograms.ca to cross-compare the top loyalty programs in Canada.

THINK ABOUT WHERE YOU SHOP

Research by Environics Research Group has shown that, on average, double-dip-

ping using a base program card matched with an affiliated credit card greatly reduces "time to reward," no matter the reward you are after. The research has also shown that coalition programs, where there are numerous partner stores to earn miles or points at provide faster time to flight rewards, on average.

STAY TUNED-IN TO YOUR PROGRAM

Some rewards programs do a great job of keeping members in the loop with program news via social media or flyers so they can plan their spending to take advantage of offers. Consider using a credit card at partner retailers for your chosen program (double-dipping) and

streamlining earning into just one or two key programs.

DO YOUR HOMEWORK

The decision is up to you, so spend a bit of time researching to decide for yourself which program is the most rewarding. Be sure to watch out for high annual fees on associated credit cards that can overshadow the benefits of the loyalty program.

Commissioned by COLLOQUY, a LoyaltyOne Research Group, Environics Research Group developed a methodology and online comparison tool that allows consumers to determine which rewards programs get them to the rewards they want as quickly as possible, based on their individual shopping patterns, program features and attributes. COLLOQUY has also provided financial compensation to Golden Girl Finance for promotion of the research and online tool.

Bursts of sweet, tangy, creamy and spicy in every curry-filled bite

Thai Grapefruit Curry.

A hit of heat to marry with fresh grapefruit enhances the curry and rounds out the flavour of the dish



DINNER EXPRESS
Emily Richards
food@metronews.ca

FLASH FOOD



From your fridge
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Love shrimp? I certainly do. With its versatility and fast cooking methods, you can have a quick easy meal.

Always look for shrimp when they're on sale and pick up a couple of bags. They freeze well and are great for a quick stir-fry, on the grill or for a last-minute appetizer. Shrimp is a great protein when you want to think a bit outside the box and try new flavour combinations, and visit different countries while doing it.

This recipe, which I de-



This recipe serves four. FLORIDA DEPARTMENT OF CITRUS

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MINUTES

veloped for the Florida Department of Citrus, uses a hit of

spicy curry to marry with fresh grapefruit, which enhances

the curry and rounds out the flavour of the Thai-inspired

dish. It is easy to make and sings out with a sweet, tangy, spicy and creamy combo.

2. Add shrimp and cook, stirring for 4 minutes or until firm and cooked through.

3. In a small bowl, whisk together the cornstarch and water. Stir it into the shrimp mixture along with grapefruit segments and cilantro. Spoon Thai Grapefruit Curry over rice to serve.

Ingredients

- 1 tbsp (15 ml) canola oil
- 1 shallot, chopped
- 3 cloves garlic, minced
- 1 tbsp (15 ml) Thai green curry paste

- 1 small Thai chili pepper, seeded and sliced
- 1/2 tsp (2 ml) grated grapefruit rind
- 1/3 cup (75 ml) ruby red grape-

- fruit juice
- 1/2 cup (125 ml) coconut milk
- 2 tbsp (30 ml) fish sauce
- 1 lb (454 g) large raw shrimp, peeled and deveined

- 1 tsp (5 ml) cornstarch
- 1 tsp (5 ml) water
- 1 ruby red grapefruit, peeled and segmented
- 2 tbsp (30 ml) chopped cilantro

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Manchester United

Moyes canned

Overwhelmed by the giant task of replacing Alex Ferguson, Britain's greatest ever manager, David Moyes was fired by Manchester United on Tuesday after losing the support of the club's American owners.

He lasted just 10 months.

Exactly a year after winning a record-extending 20th English championship, United dismissed Moyes during a meeting at its training ground in the morning. The news was released in a terse, two-line statement on the club's website — a far cry from the fanfare of Moyes' hiring last summer.

His future was placed in serious doubt, however, after Sunday's lacklustre 2-0 loss at Everton, which ensured that England's biggest club over the last two decades wouldn't be in next season's Champions League. **THE ASSOCIATED PRESS**

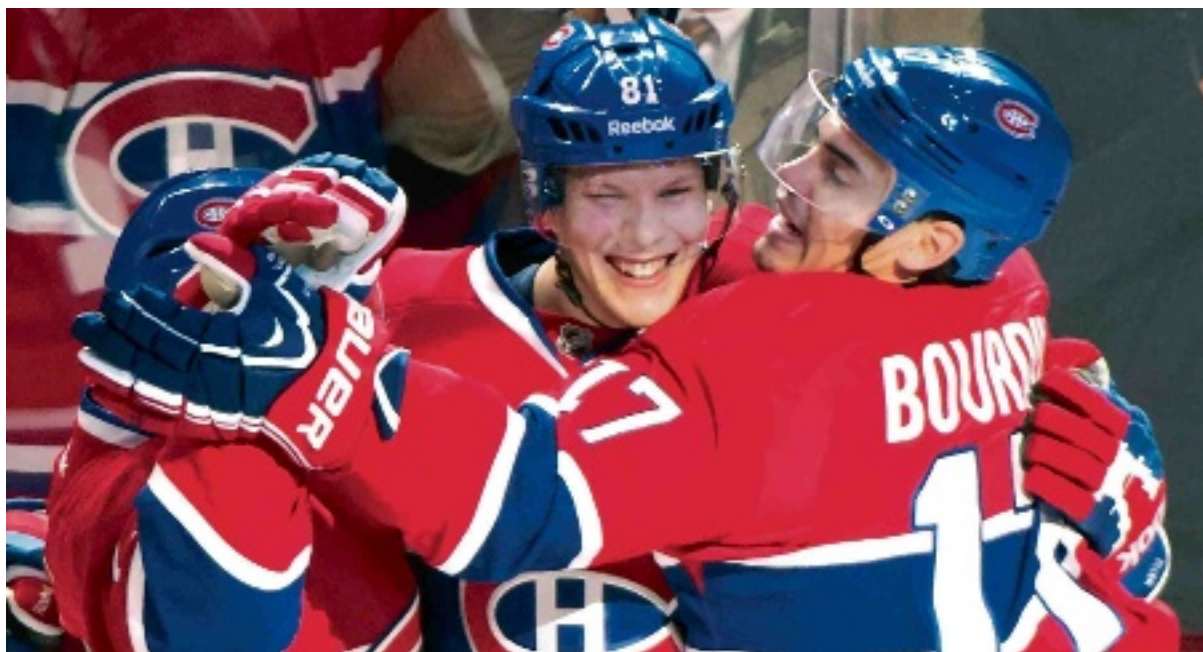
NBA playoffs



"I think it's just in the DNA. Everybody don't have it, everybody's not born with it. Can't buy it at Costco or Walgreens. It's in the DNA."

Brooklyn forward Paul Pierce explaining his career-spanning ability to come through in crunch time. Go to metronews.ca to see if Pierce was able to come up big again in Game 2 of the Nets' playoff series against the Raptors on Tuesday night.

Scan the above image to view a gallery of some of Pierce's clutch moments.



C'est la folie! Habs sweep Lightning, move to second round

Montreal Canadiens' Danish centre Lars Eller, 81, celebrates with teammates Brian Gionta, left, and Rene Bourque after scoring against the Tampa Bay Lightning during first period NHL Stanley Cup playoff action in Montreal, Tuesday. The Habs tight 4-3 victory in Montreal capped off their first round 4-0 series sweep against the Lightning.

GRAHAM HUGHES/THE CANADIAN PRESS

Concordia's Smith ripe for CFL draft

Top prospects list out.

After missing the fall and winter rankings, defensive lineman shoots up to No. 4 pick

Whatever comes

"It doesn't matter what city, what team. I'm going to be happy wherever I go."

Concordia Stingers' defenceman Quinn Smith

Quinn Smith's CFL draft stock is on the rise.

The Concordia Stingers defensive lineman was ranked fourth among the CFL scouting bureau's top-15 prospects for May's draft, after missing out on the fall and winter lists.

But the six-foot-two, 305-pound Toronto native raised eyebrows at last month's CFL combine, ex-

celling on both sides of the ball. And that versatility will enhance his chances of being taken early in the draft. The Ottawa Redblacks hold the first pick overall.

"Obviously I felt I should've been on the first two but I'm very happy that my hard work paid off to be quite high on the new list," Smith said during a CFL conference call Tuesday.

Once again Laurent Du-

vernay-Tardif, McGill's highly rated offensive lineman, topped the rankings. But the six-foot-five medical student is projected as a mid-round NFL draft pick. Where he is taken by an NFL club will directly affect when he's selected in the CFL draft.

David Foucault, Montreal's 300-pound offensive tackle, moved up a spot into No. 2, with Laval offensive lineman Pierre Lavertu dropping to No.

3. St. Francis receiver Devon Bailey also dropped one position behind Smith into No. 5. Manitoba defensive tackle Evan Gill remained at No. 6, ahead of Western defensive lineman Dylan Ainsworth. Manitoba running back Anthony Coombs moved up to No. 8, ahead of Simon Fraser offensive lineman Matthias Goosen and Queen's defensive back Andrew Lue.

Rounding out the top-15 were Laval defensive back Adam Thibault, Simon Fraser linebacker Casey Chin, Montreal defensive lineman David Menard and defensive back Antoine Pruneau, and Western linebacker Beau Landry.

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2015 Mercedes-Benz GLA

- **Type.** Four-door, all-wheel drive compact wagon.
- **Engines (hp).** 2.0-litre DOHC I4, turbocharged (208, 355 in the GLA45 AMG)
- **Transmissions.** Seven-speed automated manual with paddle-shift controls.
- **Base price (incl. destination).** \$42,500 (est.)

Market position

The GLA, based on the CLA sedan, is an example of high-end automakers introducing lower-priced products. The trick is to do it without alienating traditional buyers who seek the exclusivity of a luxury brand.

Points

- Rounder styling separates GLA from the larger GLK
- Base four-cylinder engine generates decent power, but performance AMG version blows it away
- Seems as though the manual transmission era is over at Mercedes-Benz
- Attractive base price could rapidly escalate unless option list is avoided
- Expect this model to rival

the CLA sedan in popularity.



Without the sloping roof of the CLA, the GLA is 20 centimetres shorter. The hatch opening therefore accommodates bulkier — not longer — items.

Safety

Front airbags; side-impact airbags; side-curtain airbags; driver's side knee airbag; anti-lock brakes; traction control; stability control. L/100 km (city/hwy) 8.2/5.5 (base 2.0, est.)

A frugal option from Mercedes

PHOTOS: WHEELBASEMEDIA.COM



Compare



1 Acura RDX

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2 BMW X1

Base price: \$39,100

Attractive base wagon emphasizes economy over performance.



3 Lincoln MKC

Base price: \$41,800

New Ford Escape-based model should do well in an expanding category.

Review. How a car that could have been a compromise actually ended up being anything but

MALCOLM GUNN
wheelbasemedia.com

Mercedes-Benz traditionally caters to its financially comfortable clientele with some deliciously desirable machinery. But in North America, the automaker is making an equally strong pitch to a younger, less affluent audience by introducing the 2015 GLA wagon. It's a companion model to the coupe-like 2014 CLA sedan that

resides at the lower-priced and fuel-frugal end of the market.

Mercedes-Benz isn't alone here. Other premium-oriented brands, notably Audi and BMW, are launching similarly sized, or even smaller cars. By doing so, they are improving their respective corporate average fuel economies (CAFE) in accordance with the U.S. government regs. The GLA, which launches in Canada this fall, gives entry-level Mercedes-Benz shoppers a clear choice of vehicles that actually compromise little in the way of power and features.

Those who prefer the smooth look of the CLA sedan can choose that route, while the more practically minded can opt for the sport-wagon look and added carrying cap-



The GLA's dash layout is a carbon copy of what you'll find in the CLA sedan. The dashtop screen doesn't retract and there's no console shift lever.

acity of the GLA. Each car has its pluses and minuses, but the form-over-function CLA will ultimately be sharing a big slice of the econo-luxury podium with the GLA.

Given their commonality, it

makes sense that the GLA and CLA share the same powertrains. The GLA250 4MATIC runs with a turbocharged 2.0-litre four-cylinder that generates 208 horsepower and 258 pound-feet of torque. Step up

to the GLA45 AMG (4MATIC) and those values increase to 355/332. Although the displacements are equal, the AMG engine block has been strengthened and its higher output turbocharger produces nearly twice the boost of the GLA250's.

Both powerplants use a seven-speed automated manual transmission with paddle shifters that produces quicker upshifts and downshifts than a traditional automatic/torque converter combo.

Ultimately, the GLA-Class should be as enticing as the CLA, but should hold greater appeal for budget-minded buyers wanting more practical family transportation along with a three-pointed star affixed to the grille.

5 DRIVE

Feel the power of the high-pressure wand

Car wash. Don't underestimate the ability of the self-serve car wash to both clean your vehicle and focus your mind



AUTO PILOT
Mike Goetz
drive@metronews.ca

The weather around here last weekend was still on the cool side — well below the shorts and T-shirt threshold. But the upward trajectory of temperatures was registered and palpable in everyone's mood, and evident in the way everyone strutted around town in unzipped jackets.

I desperately needed an automotive action to acknowledge the change in weather fortunes. Since my appointment to switch the winter tires over to summers was a still a week away, I decided to head over to my



It's quite satisfying to have that much water pressure at your beck and call. MIKE GOETZ

local self-serve car wash emporium, where I would find that wonderful and slightly magic, high-pressure wand.

Maybe I don't get out enough, but I find it quite satisfying to have that much water pressure at my beck

and call. And to have the end result of my commanding to be a beautifully clean car, well that's just icing on top of icing.

On this occasion I felt the time was right to also power wash the floor mats.

Salt was not expected for another seven months or so. The winter juice that I chased out of those mats was something to behold.

Later in the day, after the mats had dried in the sun, I was reluctant to put

Quoted

"I guess they have better wands at Hogwarts, but it's not likely I will get my hands on ... those."

Mike Goetz, columnist

them back in place inside the Honda. So clean were the mats, and so not clean were still the insides of the Honda. But they did go back eventually, after the teenagers grudgingly did some vacuuming.

I also value the self-serve car wash for its ability to focus the mind. It's the time element thing. It's amazing how much you can attend to if you know you only have three minutes in which to get it done.

I only wish I could accomplish other things in my life so well in three minutes.

It definitely puts your

mind in high gear. Not only are you working and focusing on your task as hard as you can, you are also simultaneously making lots of calculations. Like ...

"This area I'm working on has to be clean. But should I move on to other areas? How much time has passed? Should I look? No, don't look, keep going."

There is nothing more frustrating than running out of wand time with a fender to go.

Actually there is one more level of frustration — finding you missed a big spot. Cars never dry as clean as they look when they're wet.

I guess they have better wands at Hogwarts, but it's not likely I will get my hands on any of those as I'm not alumni.

Still I'm completely happy with just the "car wash wand." My time with them is the best three bucks I spend all week. I wield the wand, watch salt and grime float away on a river of my own making, and feel nothing but good.

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An electric Volvo C30 with an experimental wireless charging pad. COURTESY OF VOLVO CAR

Sans cord: Volvo works on wireless car charging

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Induction charging.

New system uses an electromagnetic field to transfer energy from the base station to the vehicle's battery

JIL
MCINTOSH
Drive@metronews.ca

It's possible today to charge your phone or your electric toothbrush without directly plugging it into the wall, but how about a car? It could happen one day, thanks to an experimental project by Volvo that could potentially eliminate the cords on electric vehicles.

"You don't have to get the charging cable from the car and connect it to the grid," says Crister Lunde, project leader for power electronics and electric propulsion systems at Volvo Car Corporation. "You just park in the right position, and it starts charging."

Called induction charging, the system uses an electromagnetic field to transfer energy. It requires two induction coils, one of them located in a base station and the other in the vehicle. The coil in the charging base creates an alternating electromagnetic field, while the coil in the car picks up that power and converts it back to electrical energy to charge the vehicle's battery.

Lunde says the wireless system's charging time will essentially be the same as plugging the car in, but the real benefit is in the convenience. The charging

Facts and tips

- Batteries use direct current (DC), while household current is alternating current (AC), and the system uses a converter to change AC to DC for charging.
- Wireless charging could also be used for plug-in hybrids and extended-range vehicles, which plug in but also use gasoline engines for longer driving periods.
- The wireless system is self-contained and can be safely used on rainy days.

pad eliminates opening the trunk, getting the cord out, and plugging in both ends. The wireless system is an even better option if it's raining or the cord is dirty from being on the ground, he says.

One of the issues the engineers are still working on is creating a failsafe object detection system. "If something like a cat or a small child crawled under the car, the system must close down," Lunde says. "It will stop operating until you remove them. They're still working with this, and it's still under development."

The system also needs to warn the driver if there are any metallic objects lying on the charging pad, which could interfere with the electromagnetic field.

Volvo isn't the only company working on inductive charging, which presents another issue. While each automaker would probably like to have a proprietary system, all electric cars will need to work with every wireless base. This would enable the eventual construction of a viable infrastructure of public charging systems, just as every gasoline pump nozzle fits every car's filler neck. "It's important for the future that there should be standards," Lunde says. "The chargers will have to be the same. We want a free transfer that everyone can use for public charging."

Energy transfer

"You don't have to get the charging cable from the car and connect it to the grid. You just park in the right position, and it starts charging."

Crister Lunde, project leader for power electronics and electric propulsion systems at Volvo Car Corporation



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Less Fuel. More Power. Great Value is a comparison between the 2014 and the 2013 Chrysler Canada product lineups. 40 MPG or greater claim (7.0 L/100 km) based on 2014 EnerGuide highway fuel consumption ratings. Government of Canada test methods used. Your actual fuel consumption may vary based on driving habits and other factors. Ask your retailer for the EnerGuide information. ©2014 Jeep Cherokee 4x2 2.4 L I-4 Tiger-shark™ MultiAir® - Hwy: 6.4 L/100 km (44 MPG) and City: 9.6 L/100 km (29 MPG). 2014 Jeep Grand Cherokee 3.0L EcoDiesel V6 8-speed automatic - Hwy: 7.0 L/100 km (40 MPG) and City: 10.3 L/100 km (27 MPG). 2014 Jeep Wrangler 3.6 L Pentastar™ VVT V6 - Hwy: 9.3 L/100 km (30 MPG) and City: 12.7 L/100 km (22 MPG). 2014 Jeep Patriot 4x2 2.0 L I-4 DOHC - Hwy: 6.6 L/100 km (43 MPG) and City: 8.9 L/100 km (32 MPG). 2014 Jeep Compass Sport 4x2 2.0 L I-4 DOHC - Hwy: 6.6 L/100 km (43 MPG) and City: 8.9 L/100 km (32 MPG). Wise customers read the fine print: ≤, Ω, †, ‡, *, ††, § The Zing Into Spring Sales Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after April 1, 2014. Offers subject to change and may be extended without notice. All pricing includes freight (\$1,695), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. ≤Total Discounts of \$3,500 consist of \$2,500 Consumer Cash and \$1,000 Bonus Cash on the 2014 Jeep Wrangler 2-Door 4x4 (23B). Total Discounts of \$2,500 consist of \$2,500 Lease Cash on the 2014 Jeep Grand Cherokee Laredo (23E). Consumer Cash/Lease Cash discounts are deducted from the negotiated lease price before taxes. Bonus Cash discounts are deducted from the negotiated lease price after taxes. †Finance Pull-Ahead Bonus Cash and 1% Rate Reduction are available to eligible customers on the retail purchase/lease of select 2014 Chrysler, Jeep, Dodge, Ram or Fiat models at participating retailers from April 1 to 30, 2014 inclusive. Finance Pull-Ahead Bonus Cash will be deducted from the negotiated price after taxes. 1% Rate Reduction applies on approved credit to most qualifying subvented financing transactions through RBC, TD Auto Finance and Scotiabank. 1% Rate Reduction cannot be used to reduce the final interest rate below 0%. Eligible customers include all original and current owners of select Chrysler, Jeep, Dodge, Ram or Fiat models with an eligible standard/subvented finance or lease contract maturing between January 1, 2014 and December 31, 2016. Trade-in not required. See retailer for complete details and exclusions. †0% purchase financing for up to 36 months available on new 2014 Jeep Cherokee models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Example: 2014 Jeep Cherokee Sport 4x2 (24A) with a Purchase Price of \$24,495 with a \$0 down payment, financed at 0% for 36 months equals 78 bi-weekly payments of \$314 with a cost of borrowing of \$0 and a total obligation of \$24,495. †4.99% lease financing of up to 60 months available on approved credit through WS Leasing Ltd. (a wholly owned subsidiary of Westminster Savings Credit Union) to qualified customers on applicable new 2012, 2013 and 2014 models at participating retailers in Ontario, New Brunswick, Newfoundland and Labrador, Nova Scotia and Prince Edward Island. Retailer order/trade may be necessary. Example: 2014 Jeep Grand Cherokee Laredo (23E) with a Purchase Price of \$37,195 leased at 4.99% over 60 months with \$4,699 down payment, equals 240 weekly payments of \$99 with a cost of borrowing of \$6,314.90 and a total obligation of \$29,333.20. 22,000 kilometre/year allowance. Charge of \$0.18 per excess kilometre. Some conditions apply. †4.29% purchase financing for up to 96 months available on new select models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Example: 2014 Jeep Wrangler 2-door 4x4 (23B) with a Purchase Price of \$20,495, with a \$0 down payment, financed at 4.29% for 96 months equals 208 bi-weekly payments of \$117 with a cost of borrowing of \$3,754 and a total obligation of \$24,248.97. *Jeep Cash/Consumer Cash Discounts are deducted from the negotiated price before taxes. ††\$1,000 Bonus Cash is available on all new 2014 Jeep Wrangler models and is deducted from the negotiated purchase price after taxes. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. ‡Jeep Grand Cherokee has received more awards over its lifetime than any other SUV. †Based on 2014 Ward's Small Sport Utility segmentation. †Based on 2014 Ward's Sport and Cross Utility segmentations. ‡Based on 2014 Ward's Small Cross/Utility segmentation, approach angle, departure angle, breakover angle, and water fording depth. Excludes other vehicles designed and manufactured by Chrysler Group LLC. *Jeep is a registered trademark of Chrysler Group LLC. †The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

Horoscopes

Aries

March 21 - April 20

You know what it is that you want so now it's just about how you are going to get it. If your plans are being held back by a lack of cash, what happens today and tomorrow will be better. But ultimately, the effort must come from you.

Taurus

April 21 - May 21

Mercury joins the Sun in your sign today and your mood will be better. The next three weeks are potentially the best of the year for you, so take advantage of the opportunities that come your way.

Gemini

May 22 - June 21

Your feelings may be a bit fragile over the next 24 hours, so steer clear of people who are rude. Some days it is necessary to restrict yourself to your company.

Cancer

June 22 - July 23

Don't try to solve others' problems by yourself. Be generous, especially with time and sympathy, but recognize that the only way friends will solve their issues is by looking for them themselves.

Leo

July 24 - Aug. 23

Mercury, planet of the mind, crosses the career angle of your chart today, which means you will no longer be able to kid yourself about what is and is not possible.

Virgo

Aug. 24 - Sept. 23

This is one of the best times of the year for you and it will get even better over the next few days as Mercury, your ruler, opens your mind to new possibilities.

Libra

Sept. 24 - Oct. 23

Whatever it is that you fear, you need to put a name to it because only then will you be able to face it and conquer it. Most likely you have been worrying for no good reason.

Scorpio

Oct. 24 - Nov. 22

It may feel as if you have no control over what is going on in your life but that simply isn't true. You have, however, allowed people to dictate to you what you can and cannot do. It's time to make it clear that enough is enough.

Sagittarius

Nov. 23 - Dec. 21

While everyone is running around and bumping into each other as if the end of the world is nigh, you will be the picture of tranquility. That may mean you have no idea what is going on but there are times when ignorance is OK.

Capricorn

Dec. 22 - Jan. 20

Yours may not be the most flexible sign but it will pay you to make an effort to adapt today. You have a great deal going for you at the moment but to make the most of it, be less set in your ways.

Aquarius

Jan. 21 - Feb. 19

You will learn something over the next 24 hours but if you are smart, you will keep it to yourself for now. What you find out about a situation could be beneficial.

Pisces

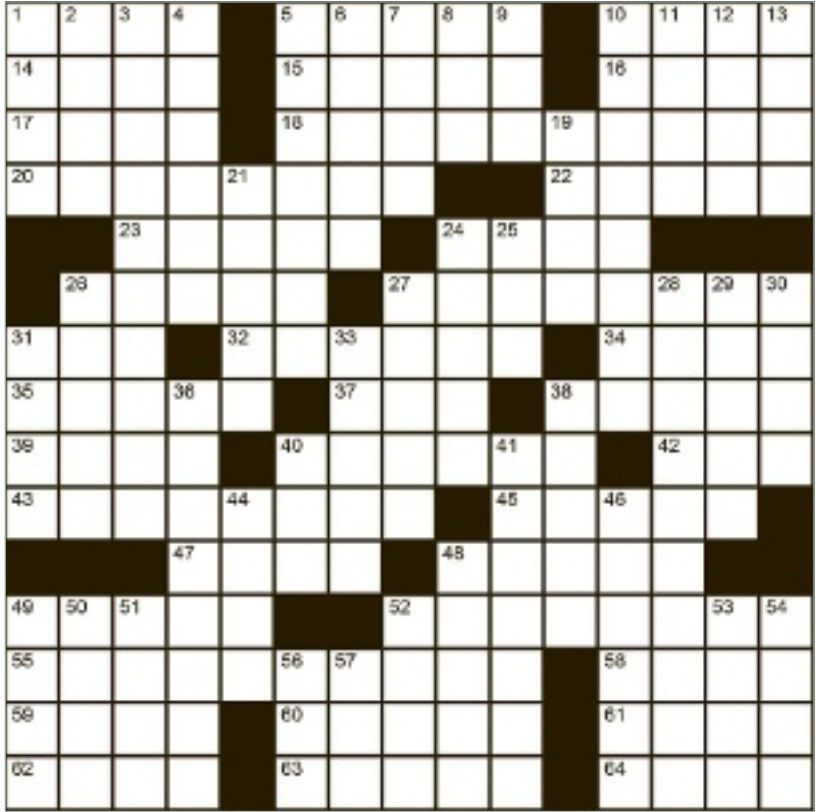
Feb. 20 - March 20

Sometimes it's good to get away from your duties and chores and lose yourself in activities you really enjoy. Such a time is now. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Daytime/nighttime
- Theatrical work, ___ Godunov
- Havana's locale
- TV handyman Bob
- Mediterranean vacation island
- Kitchen's kiln kin
- Scrapes, budget-wise
- ___ of Canada
- Canadian brand of toilet paper
- Gather
- Ms. Skye of "Say Anything..." (1989), and namesakes
- Painting subject (en français) for Manet
- Terra ___
- ___ Desert (Located in the Yukon, it's endearingly called the world's smallest desert)
- '_' in Toronto
- Northern Ontario city, ___ Lake
- ___-soup
- Crows
- Pac. opposite when looking at Canada
- Canadian newsman Mr. Mansbridge
- ___ of the moment
- Invitees
- Monk's title
- Artsy statesman of ancient Athens
- Cosine or sine
- Wuthering



- Heights expanse
- Voyageur's transport
- The ___ of 2014
- Frontman of Rush: 2 wds.
- Rare baleen creature: 2 wds.
- Inactive

- Ms. Reid
- Boring tool
- Foster film
- Songstress Sheryl
- Lances
- Steel shade

- "Grace Kelly" singer
- Long-extinct marine reptile of ancient waters, such as of the Yukon
- Team's sidelines cheers-leader
- Important happen-

- ing: 2 wds.
- Some woodwinds
- BC's Fraser, et al.
- 'Special' suffix
- Mediterranean isl. near Italy
- The second 'C' of CIBC
- Iris' place

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- Mr. Affleck's
- Colony critters
- Pusher-catching cop
- Beginner bets
- Sussex slammers
- Mr. Linkletter
- ___ diem! (Seize the day!)
- Quotes
- Baseball position
- 'I hope', to Caesar
- Ms. Gilbert
- Baking meas.
- "Today" anchor Matt
- Northern Alberta town
- Mind your ___
- ___ Qs
- Mop & ___ (Floor cleaner)
- Canadian TV drama of 1996 to 2000 that viewers were 'invested' in watching
- Haggler's concern
- Considering, as an idea
- Showbiz type
- Federal org. concerning broadcasting
- Beguiler
- It means 'Soil'
- Someone smitten's status
- Addition ___ (Canadian plus-size clothing chain)
- Moray-like
- Occurred
- Beach structure

Yesterday's Crossword

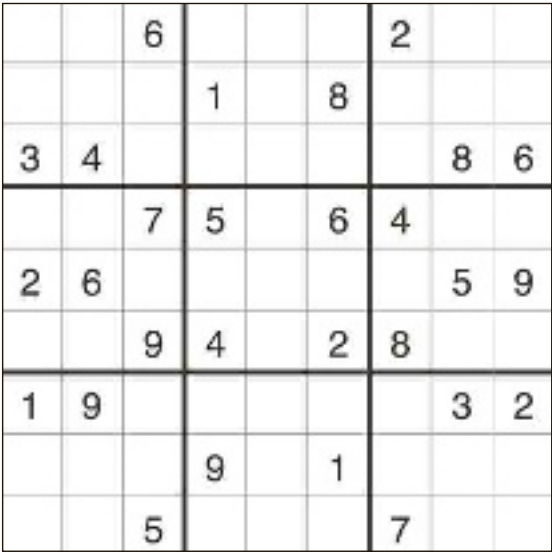


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Know what the weather
will be 14 days from now.
Check the 14 day trend.

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Comfort & safety you expect with style & technology you'll love.

With features like best-in-class interior space,* a standard backup camera, premium interior styling, along with standard Bluetooth® and steering wheel audio controls, the 2014 Corolla LE is as practical as it is impressive.



Corolla LE shown.

COROLLA

*Like you've never
seen it before.*



TOYOTA

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*Based on AUTODATA industry data as of February 2014 comparing sedans in the IHS Automotive: Polk non-luxury compact car segment.